

Intensive Training Camp, June 17-27, 2012

Takedowns & Escapes, June 17-20, 2012

Father & Son Camp, June 22-24, 2012

Technique Camp, June 24-28, 2012

Team Camp, July 8-11, 2012

Elite Camp, July 8-12, 2012

Online application

available at:

www.iowawrestlingcamps.com



Brands Brothers



CAMP STAFF



Tom Brands
Olympic Champion
World Champion
Olympic Coach



Terry Brands
Olympic Bronze Medalist
World Champion
Olympic Coach



Mike Zadick
Assistant Coach
World Silver Medalist
Olympian



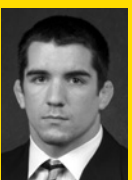
KURT BACKES
Volunteer Assistant
Coach



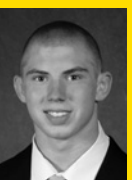
DANNY SONG
Strength and
Conditioning Coach



PABLO UBASA



BRENT METCALF



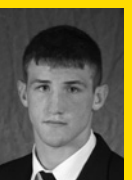
GRANT GAMBRALL



MONTELL MARION



MATT MCDONOUGH



DEREK ST. JOHN

**Note: All coaches and counselors may not attend all camps due to USA National Team involvement.*

"WRESTLE THE WORLD" WRESTLING CAMPS

INTENSIVE TRAINING CAMP

Training camp is for the ultimate competitor. In this camp you will learn the three most critical aspects of wrestling: technique, conditioning and strength. Through repetitive drilling and coach's direction you will develop your body and mind to become an explosive performer on the mat. You will be exposed to an entire NCAA Championship Season, as well as learning in-season and out of season lifting programs. Training camp will focus on match preparation including: focus, relaxation, warm up and weight control. You will be pushed beyond your comfort zone and take your performance to a whole new level. Led by National, World and Olympic Champions, this camp will give you a mental edge to dominate your opponents. This camp will include a trip to the Iowa Athletics Hall of Fame and Museum. Your stay at camp is 11 days long, very intensive, and you will need to do laundry during your stay. Consider bringing 10-12 complete sets of workout clothes (including knee pads). The housing card you receive at check-in will cover your expense of doing laundry in your dormitory. Personal hygiene and cleanliness are very important in the sport of wrestling; please help us by doing your part.

**University of Iowa
June 17-27, 2012**

**Nonrefundable/
Nontransferrable
Deposit: \$300**

**Resident \$1125
Coach \$635**

**Coach brings > 10
Campers, fee is reduced
to \$330**

**Coach brings > 20
Campers, attends for free**

TAKEDOWNS & ESCAPES CAMPS

This camp will focus on two main areas of wrestling; the bottom position and the neutral position. We will spend extensive time on finishes, hand fighting to scores, head position and set-ups. The other half of the camp is bottom wrestling, which is often overlooked and just as important. We will do live hand fighting, intense execution, and up tempo drilling.

**University of Iowa
June 17-20, 2012**

**Nonrefundable/
Nontransferrable
Deposit: \$200**

**< 12 Resident \$485
Commuter \$330
> 12 Resident \$435
Commuter \$330
Coach, < 12 Resident
\$320 (one coach
free with twelve
wrestlers)**

FATHER & SON CAMP

This weekend retreat is an opportunity for fathers and sons to come together and learn wrestling at a very basic introductory level. Attention will be focused on development of young wrestlers as their fathers work alongside them. Along with the fundamentals of wrestling, this camp will emphasize the importance of building meaningful relationships. There are no age limits for this camp; however, it was developed with younger, less experienced wrestlers in mind.

**University of Iowa
June 22-24, 2012**

**Nonrefundable/
Nontransferrable
Deposit: \$200**

**Father & son \$550
Each add'l son \$275**

TECHNIQUE CAMP

Technique camp will provide you with the most critical aspects of wrestling. This camp is designed to maximize your wrestling ability, and increase your scoring potential. Various technique sessions will be offered each day along with additional topics: strength and conditioning, nutrition and weight control, mental skills and training.

**University of Iowa
June 24-28, 2012**

**Nonrefundable/
Nontransferrable
Deposit: \$200**

**< 12 Resident \$485
Commuter \$330
> 12 Resident \$435
Commuter \$330
Coach, < 12 Resident
\$315 (one coach
free with twelve
wrestlers)**

TEAM CAMP

Team Competition Camp is organized for dual meets in teams of twelve. Discounts will be offered to teams who bring a full squad of twelve athletes. Individuals are also encouraged to attend this camp, but will be placed onto selective teams. Each session consists of repetitive drilling techniques that will be applied during competitive dual meets. During competition we will teach you how to mentally and physically prepare yourself so you learn to compete at your highest level. Dual competition will allow us to identify the lesser strengths of your team and develop individual plans to enhance your overall team performance. This camp will include a trip to the Iowa Athletics Hall of Fame and Museum.

**ONE COACH PERMITTED FREE
WITH 12 ATHLETES.**

**University Iowa,
Iowa City IA
July 8-11, 2012**

**Nonrefundable/
Nontransferrable
Deposit: Individual \$200
Team \$1000**

**Nonrefundable/
Nontransferrable
Deposit: \$200
< 12 Resident \$415
Commuter \$305
> 12 Resident \$395
Commuter \$280
Coach, Resident \$230
Commuter \$180**

ELITE CAMP

The Elite Camp is designed for wrestlers that are highly motivated with a high skill level. It is suited for wrestlers that have placed in their state tournaments and want to get to the next level. This camp consists of drilling and live wrestling, with an emphasis on repetition. By using a 2 to 1 camper to counselor ratio, we will be able to assess and fine tune the skills you already possess. To improve not only your scoring ability but your mental edge as well. To maximize the benefit of this camp, we require that you enroll with a partner of your size and ability.

**University of Iowa
July 8-12, 2012**

**Nonrefundable/
Nontransferrable
Deposit: \$1000
Resident \$2000**

GENERAL INFORMATION

Eligibility

Open to all athletes including those who are eligible to enter college in the fall of 2012 who have not begun a full-time college course load. Campers must be 10 years of age to attend all camps.

Rules and Regulations

Rules will be set for the campers. Each camper must follow these rules or disciplinary action will be taken. Campers are responsible for vandalism or damage done in the residence halls.

Resident and Commuter Plan

Residents are participants who are living away from home and with us in one of the residence halls. All meals are included in the resident fee. Commuters are participants who are living at home or in the area and do not stay overnight in the residence halls. Lunch and dinner only are included in the commuter plan.

Health and Insurance

Costs for the treatment of injuries and hospitalization for illness or injuries during the camps will be the responsibility of the parent or guardian of the participant.

Transportation and Travel Arrangements

Transportation is available to and from the Eastern Iowa Airport (Cedar Rapids) for a \$25.00 fee. Transportation is also available to the Iowa City bus depot at no additional charge. To ensure transportation when you arrive, please fill out our travel form at least two weeks in advance (no phone calls accepted). The travel form is available on our web page

under the travel tab. At the time you reserve your airport transportation, the \$25.00 fee is due. The Eastern Iowa Airport (CID) is located 30 miles north of The University of Iowa campus. Allegiant, American, Delta and United service the airport.

Items to Bring to Camp

Campers should bring workout gear consisting of: wrestling shoes, several pairs of gym shorts and T-shirts, plenty of socks, and a jacket or sweatshirt along with recommended headgear and mouthpiece. When not in session, dress is casual, so bring along jeans, shorts, summer shirts, and swimsuit. Participants MUST furnish their own towels, washcloths, and soap. Bedding (sheets and pillow) is provided for camps held in Iowa City. You may want to bring a light blanket, an alarm clock, small fan, and spending money for soft drinks and snacks or video games.

Costs and Cancellations

The tuition will include room and board and a camp shirt. There is an additional \$50 overnight fee for campers arriving one day early or staying one day after the camp has concluded. The overnight fee includes room and board. The full tuition is due two weeks prior to your camp start date. Your fee less the deposit will be refunded without question if you cancel your enrollment prior to June 1. Campers who must leave during the week due to illness or injury will receive a prorated refund based on the number of days room and board were required.

Written requests for refunds should be sent to the Sports Camps office, E206 Field House, University of Iowa, Iowa City, Iowa 52242. Requests must be made prior to August 15. No refund will be given to campers who voluntarily leave camp or who are sent home for disciplinary reasons.

With wrestling, we all understand how easy it is to spread bacteria, and we would like your assistance in controlling it. Recognize how important it is to shower immediately after each instruction session and to put on a fresh set of workout clothes.



For more information, please contact:

The University of Iowa
Sports Camps
E206 Field House
Iowa City, Iowa 52242-1111
319-335-7961
Fax 319-335-7970

**On line application available at:
www.iowasportscamps.com**
or email sportscamps@hawkeyesports.com



The University of Iowa prohibits discrimination in employment, educational programs, and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. The University also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information contact the Office of Equal Opportunity and Diversity, 319-335-0705.

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact University of Iowa Sports Camps in advance at 319-335-7961.